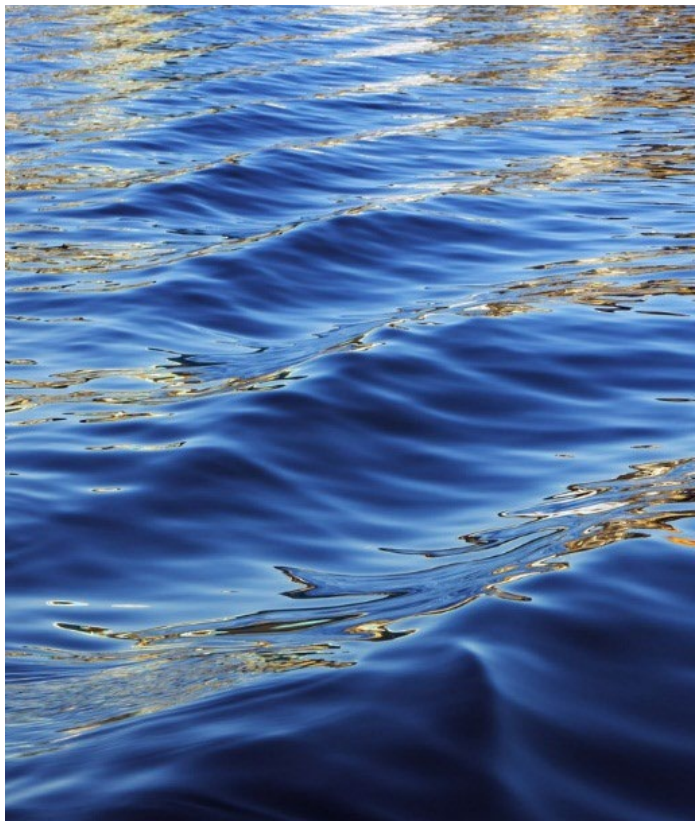
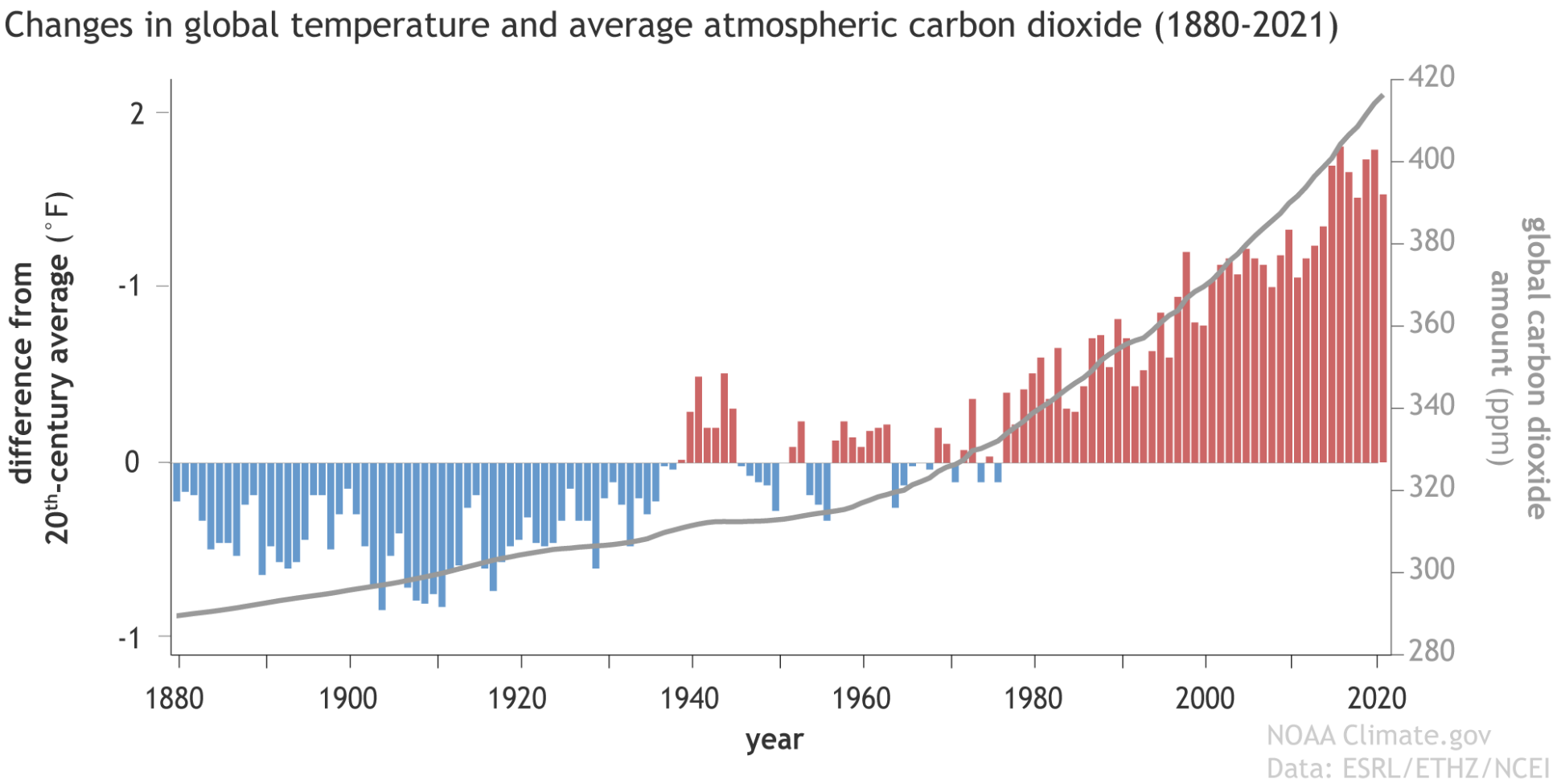
DEVON Care Homes COLLABORATIVE

Greener Care

A starter guide for Devon Care Home Collaborative



A warming world



The impact

- Increasingly erratic weather with hotter temperatures, changes to rainfall patterns and more severe storms
- Increased risk of droughts, wildfires and flooding affecting humans and wildlife
- Rising sea levels through melting glaciers and ice-caps and expansion as the water warms
- Loss of biodiversity as habitats threatened
- Increased food insecurity - crops threatened by changing weather and loss of biodiversity (globally and locally)
- Increased risks to health, direct and indirectly impacted by global warming

Healthy planet, healthy people

- "*The science is unequivocal; a global increase of 1.5$^{o\,C}$ above pre-industrial average and the continued loss of biodiversity risk catastrophic harm to health that will be impossible to reverse*". (The Lancet, 2021)

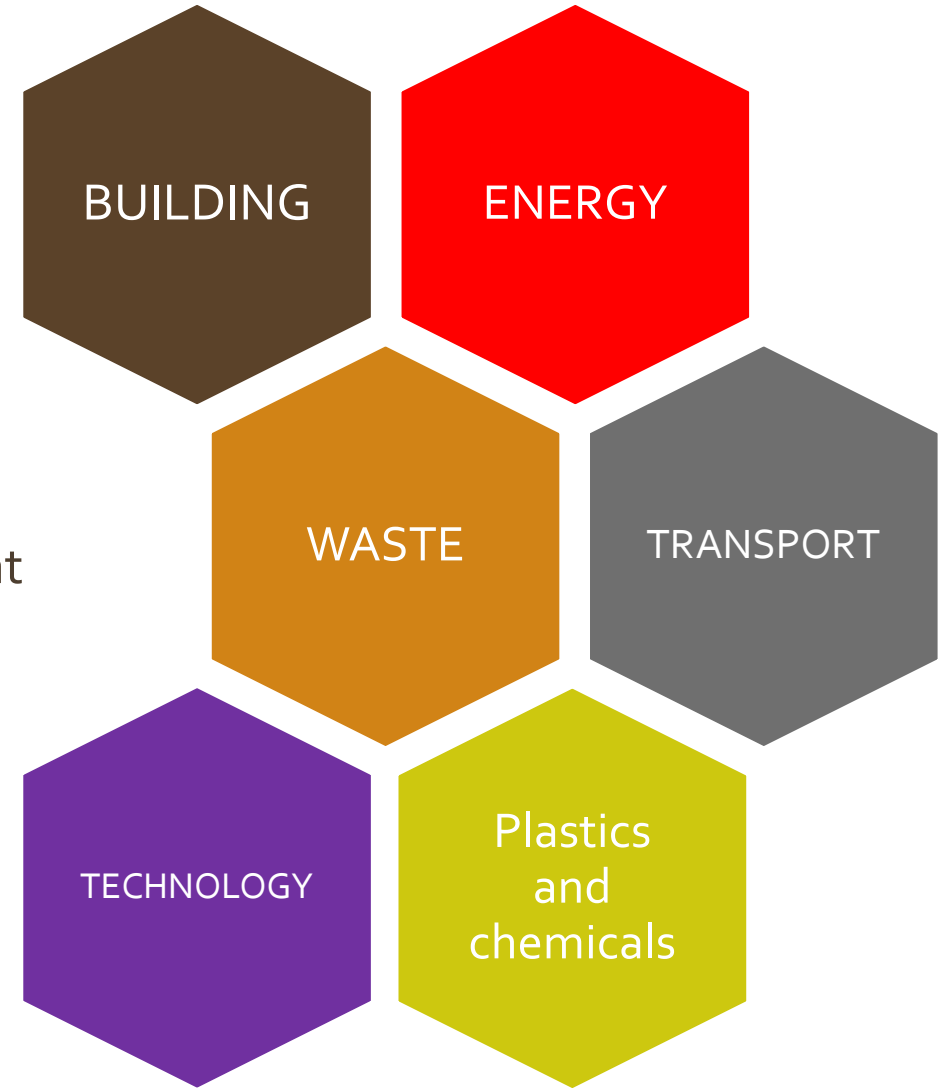
- In the past 20 years, heat-related mortality among people older than 65 years has increased by more than 50%.[1]
- In the UK, according to government statistics, air pollution is the largest environmental risk to public health. The annual mortality of human-made air pollution in the UK is roughly equivalent to between 28,000 and 36,000 deaths every year.[2]

Why greener care

- There will be increasing pressure on all businesses to move to net zero by the government
- This will feed through into contracts by public bodies with the care sector. Local authorities and the NHS are already looking to embed this into their supply chains i.e. us!
- There will be an increasing knowledge and expectations from the public. For homes in the private sector, be prepared to start answering questions about your green credentials.
- Staff –in particular new gen Z and millennials want to work for organisations that have strong environmental credentials
- This gloomy picture also represents an opportunity! Get ready for the contracts and start your net zero journey

What do we need to do?

- Start small, but start
- Here are 6 categories to help
- For each category, there are simple, low/ no cost steps as well as options for more significant investments and better £ and carbon savings
- Staff engagement is critical to success
- Start with understanding your building and energy usage



Evidence your progress

- There are plenty of free tools to measure your 'carbon footprint'
- Carbon Trust offers a free tool for small businesses (Scope 1 and 2 – see below)
- Decarbonise Devon is an organisation that supports small businesses to reduce their energy usage.
- The jargon

- Scope 1 are direct emissions caused by any process or activity by the company that causes greenhouse gas emission e.g. gas, company owned vehicles. Scope 2 are indirect emissions caused by your company purchasing energy (from sources you do not own or control). This is usually in the form of electricity, heat, or steam.

Focus on measuring your scope 1 and 2 to start with.

Scope 3 is the supply chain and takes more time.

BUILDING

Fabric and fittings

Improve energy efficiency and water usage

Simple steps:

- LED bulbs – saves money and cuts carbon use
- Motion sensors e.g. in staff only areas / cupboards. Bulbs with motion sensors are now available, no complicated light fittings
- New energy ratings for appliances. Look for A ratings on new products. This new system was introduced in 2020 and is tougher on suppliers.
- Better staff awareness for switching off lights / appliances. Staff awareness posters, stickers and info is free from the Energy Saving Trust.
- Shower fittings to reduce water usage. Ecosmart showers save water, save money, cut carbon. Other suppliers are available!
- Cistern fittings – 'Save-a-flush' is a simple idea saving water, money and carbon.(The old way was putting a brick in the cistern - has the same effect) Interesting video here.

BUILDING

Fabric and fittings

Improve energy efficiency and water usage

Future steps

- Double / triple glazing

  The Energy Saving Trust provides really good advice on this as well as approximate savings. It is written for residential home owners rather than businesses but its very relevant. Given recent increases in energy costs, the savings are likely to be more than stated

- Insulation, cavity wall and roof space

  Read through the Energy Saving Trust guide.

- Using grey water / rainwater

  This info is from the Centre for Alternative Technology. For new builds or extensions factoring in rainwater harvesting or greywater use may make a lot of sense.

ENERGY

Systems and contracts

Simple steps:

- To reduce your carbon footprint, you'll need to look at either buying renewable from an energy supplier or switching to a renewable energy contract. Be aware, there's a lot of greenwashing with companies charging for 'green energy' and it's not. If you want to be sure, the most reputable suppliers are Good Energy, Octopus Energy, Ecotricity. Suppliers

Future steps:

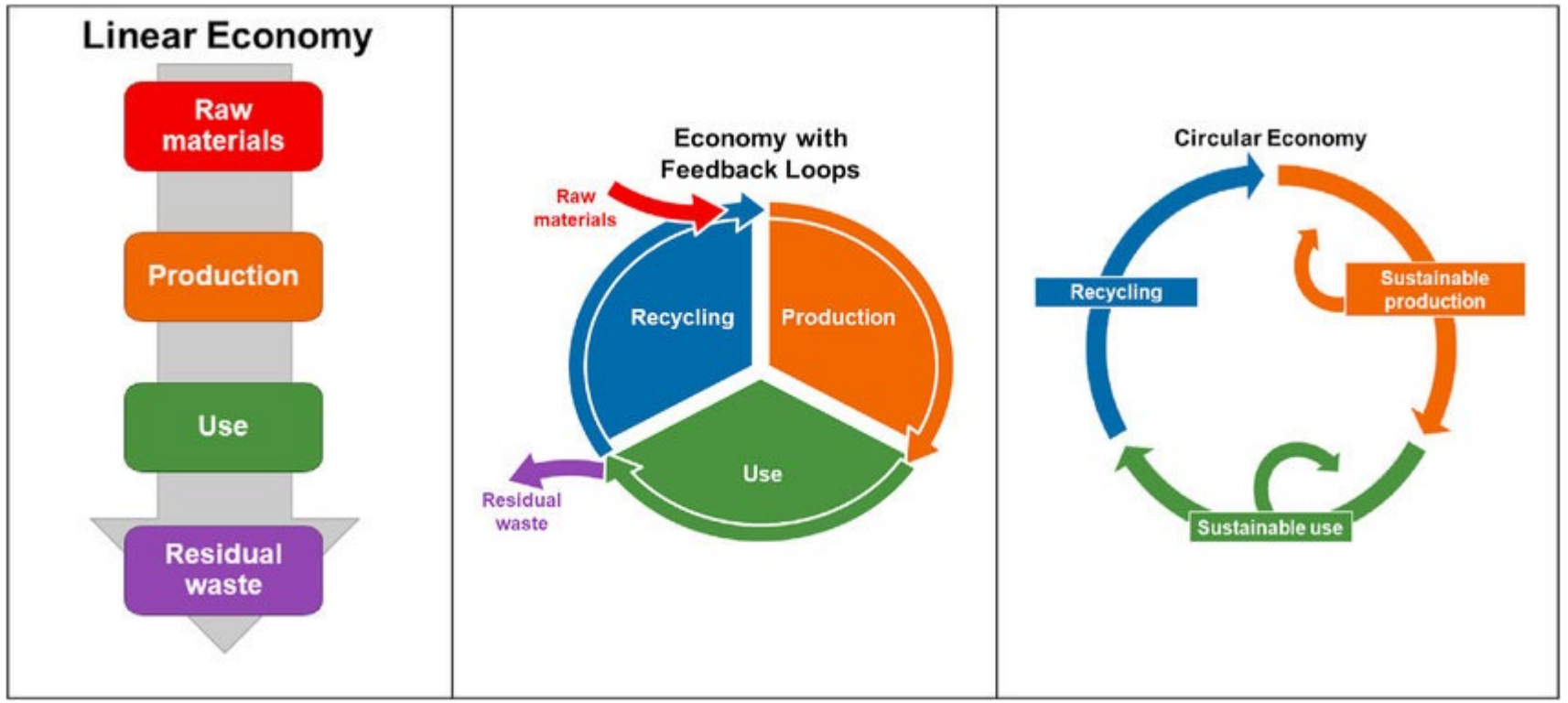
- Solar – with electricity prices much higher, pay back periods are now being quoted at 2.5 – 3 years

- Replace boilers with renewable energy, more efficient boilers or hybrid system. There are grants for air source or ground source heat pumps and biomass.

- If interested in renewable energy or hybrid systems, ask DCHC members, some have already significant experience and knowledge

WASTE

Waste and climate change



Source: Saleh et al, 2021, Recycling Food, Agricultural, and Industrial Wastes as Pore-Forming Agents for Sustainable Porous Ceramic Production: A Review. Journal of Cleaner Production

WASTE

Principles: Reduce, reuse, recycle

Simple steps:

- Consider whether something is needed before purchasing! It's obvious but invariably repeat ordering happens to save time. Recycling needs to be considered as last resort.
- Reducing waste e.g., food. Guardians for Grub has excellent resources including a Starter Guide to reducing waste
- Where appropriate, purchasing second hand reduces cost and saves the planet's resources
- Unwanted furniture and office equipment can be donated to charity or offered via the DCHC Whatsapp group. Care equipment can be recycled by Millbrook Health care
- . If your local authority is not recycling glass or other items, there will be alternative suppliers available.

WASTE

Principles: Reduce, reuse, recycle

Future steps:

❖Review processes and materials. Case study - Great Ormond Street hospital

By reviewing processes, staff at Great Ormond Street Hospital reduced use of plastic gloves, and in doing so saved 21 tonnes of plastic and £90,000.

❖New materials and products are being developed replacing the need to single-use plastics eg starch based clingfilm. Audit the worst 'offenders' in your care home and consider an alternative. Ask via the WhatsApp group, someone else may already have the answer!

TRANSPORT

Company and employees

Simple steps:

- Encouraging employees to walk or cycle to work if living close by. Cycle to work schemes reduce the cost of purchasing a bike and equipment.
- Encouraging / creating a car share ride scheme between employees
- If public transport is available at appropriate times, this is far less carbon per mile than using own transport.

Future steps:

- Replacing petrol or diesel vehicles with electric. Although more expensive on initial purchase, running costs are significantly lower.
- Installing electric charging points on site

TECHNOLOGY

Going digital

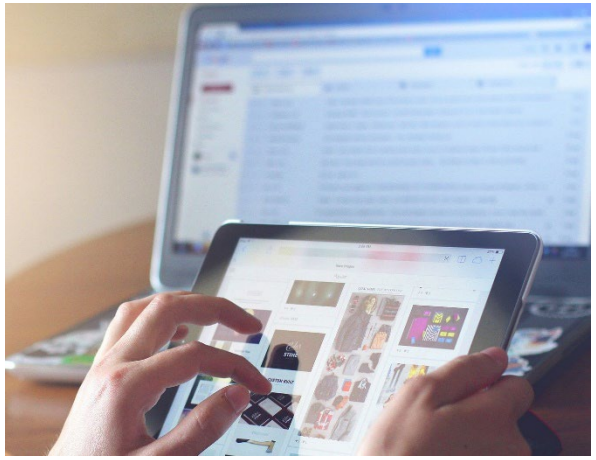


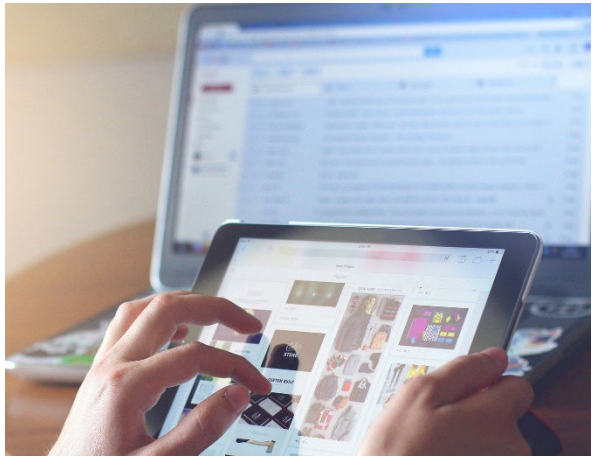
Image by fancycrave1 from Pixabay

Simple steps:

- Replacing paper systems with digital can improve quality of care and efficiencies
- Digital care planning, rotas and holidays, medication are widely used in the sector in Devon. Learn from others that have already trodden the path! Some of these are low cost, some would fall under 'Future steps' as would require more significant investment.
- Use the DSPT (Digital Security Protection Toolkit) to ensure your system is secure. DCHC can support the process.
- Digital technology is often overlooked as a primary carbon producer, and needs to be managed, Your Data Protection Policy should cover both paper and digital.
- Do not keep what is not needed. Even the cloud has an environmental impact.

TECHNOLOGY

Going digital



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Future steps:

- Assess what could be better managed by using digital technology. Prioritise actions 1 – 3 years.

- Recycling old tech

  If it is still working, you can trade it in. Make sure it is restored to factory settings. Compare and recycle deals with phones, tablets, smartwatches and digital cameras.

  You may get trade in deal from a retailer e.g. Apple. Apple will also recycle other brands but may not give you trade in offer to do so.

  Companies will refurbish and then donate e.g. Computers for Recycling

Plastics and chemicals

Plastics and Chemicals

Simple steps:

- The aim is to switch to reusable, non-toxic solutions that save natural resources, reduce waste, and are better for residents, budgets, and the planet.

- Review the chemicals you purchase; cleaning, laundry, gardening chemicals etc. Look at alternatives. For example, Toucan-Eco is a product that creates hypochlorous acid, a safe cleaning solution simply from electrolysing of salt in water.

- Based on current consumption, plastic production is projected to double in the next 20 years and triple by 2060.[3]

- Plastics – focus initially in removing any single use plastic. The obvious e.g. straws to perhaps the less obvious.

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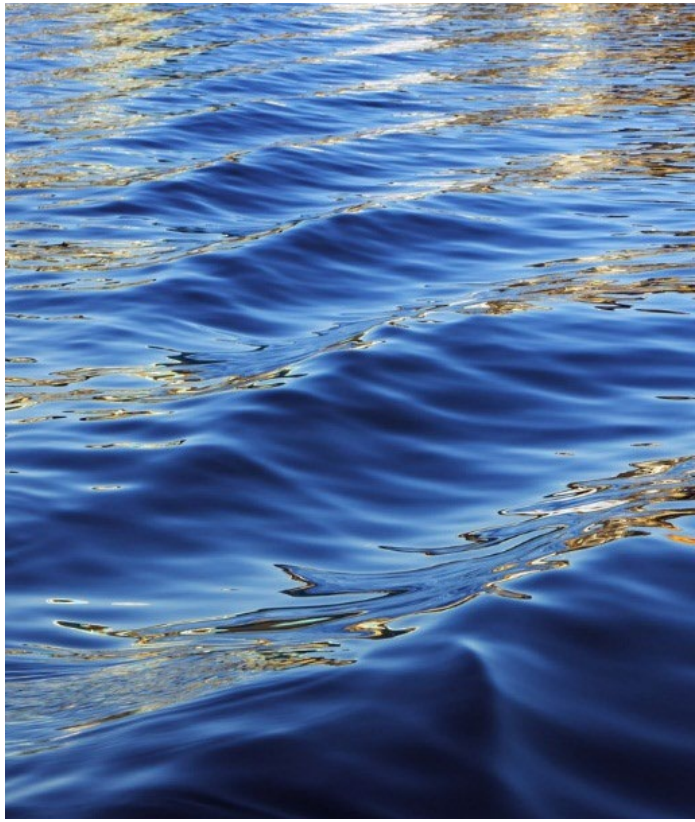
Please share your experiences
with other members -
post on the
DCHC Whats App
or email
lorna.turner@devoncarehomes.org



NHS Supplier requirements

- **From April 2023:** for all contracts above £5 million per annum, the NHS will require suppliers to publish a Carbon Reduction Plan for their UK Scope 1 and 2 emissions and a subset of scope 3 emissions as a minimum (aligning with PPN 06/21). The Carbon Reduction Plan (CRP) requirements for the procurement of NHS goods, services and works guidance outlines what will be required of suppliers and how it will be implemented.
- **From April 2024:** the NHS will extend the requirement for a Carbon Reduction Plan to cover all procurements.
- **From April 2027**: all suppliers will be required to publicly report targets, emissions and publish a Carbon Reduction Plan for global emissions aligned to the NHS net zero target, for all of their Scope 1, 2 and 3 emissions.
- **From April 2028:** new requirements will be introduced overseeing the provision of carbon foot printing for individual products supplied to the NHS. The NHS will work with suppliers and regulators to determine the scope and methodology.
- **From 2030**: suppliers will only be able to qualify for NHS contracts if they can demonstrate their progress through published progress reports and continued carbon emissions reporting through the Evergreen sustainable supplier assessment.